Slashing Calories on the Sly:
25 Weight Loss Tricks That Require Little Effort
Weekly Checklist

Keep track of your efforts! Give yourself a star for each task that you perform. Soon, you'll turn these calorie-slashing tricks into daily habits and see the pounds melt away. Remember: little changes add up to big results!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Focus on presentation							
Eat high volume foods							
Spread out your daily protein							
Grab breakfast							
Stay full with meals & snacks							
Reduce portion sizes							
Drink more water							
Eat more fiber							
Start with soup							
Use smaller plates							
Put your fork down between bites							
Limit the side dishes							
Eat before grocery shopping							
Select healthy ingredients							
Clear out your pantry							
Choose healthier restaurants							
Grow herbs							
Try healthy new recipes							
Take a walk							
Dine alone							
Seek support							
Make new friends							
Get a good night's sleep							
Indulge in calorie-free pleasures							
Reward yourself							